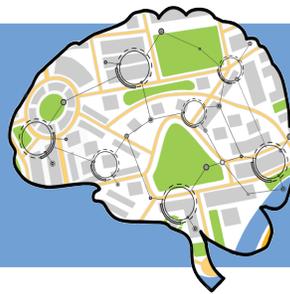


Binge Drinking Activity Guide Grade 6-12



Know Your Neuro

Alcohol: Chemical name; ethanol: a central nervous system depressant associated with cognitive, memory, motor and sensory impairment. The byproducts of alcohol, such as acetaldehyde, are toxic to organs, including the brain.

Binge Drinking: Consuming four or more drinks in a row (for women) and five or more drinks in a row (for men) within a couple of hours. This results in a dangerous BAC (Blood Alcohol Concentration) of .08 or above.

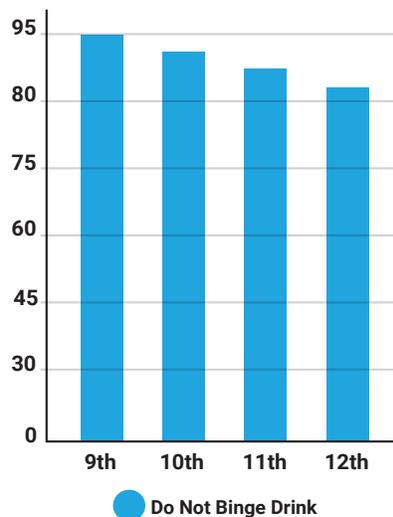
Intoxication: The point at which alcohol depresses the central nervous system, negatively affecting mood, mental and physical abilities.

Blood Alcohol Poisoning: When the amount of alcohol in the bloodstream causes parts of the brain that control basic life support functions (heart rate, breathing, and temperature control) to shut down; can lead to permanent brain damage or death.

Critical Thinking Section

Discussion

- What are your beliefs about binge drinking? Is it a right of passage in our country? Why or why not?
- Do you know someone who has binged alcohol? How did they act? What did they do?
- Why does binge drinking increase in late high school and early college, but decrease in late college?
- What is the organ that processes toxins in the body? How is it affected by binge drinking?
- What is blood alcohol concentration (BAC)? How is binge drinking related to BAC?
- Why do underage drinkers binge drink even though they know the possible deadly consequences?
- Do young people glamorize and engage in binge drinking to 'fit in'? Why or why not?



Of those high school students who have tried alcohol, the majority choose not to engage in binge drinking. However, over 15% of high school seniors who choose to drink engage in binge drinking.

- Why do young people sometimes get the impression that 'everybody does it'?
- Do the majority of youth who do not drink talk about not drinking? Or, do the minority of underage drinkers glamorize about drinking? Why?

Activities

Go to <https://www.calculator.net/bac-calculator.html> and calculate the BAC for all the members in your family.

- What are the behavioral effects of a BAC of 0.030? 0.08? and 0.20?
- What does a BAC of 0.030? 0.08? and 0.20 impair?
- What are the symptoms of alcohol poisoning or alcohol overdose?
- What should you do if someone is suffering from alcohol poisoning or overdose?
- What should you not do if someone is suffering from alcohol poisoning or overdose?
- Watch Shelby's Story and discuss the emotional, physical, and legal effects of underage binge drinking? <https://vimeo.com/40180033>
- Watch Teen Girls & Binge Drinking and discuss the pressures to fit in? <https://www.youtube.com/watch?v=ean7tuXlYJ4>